



Department of Behavioral Health (DBH)

DBH Awareness Month Promotes Wellness, Recovery and Resilience

HS Connection Staff

The Department of Behavioral Health (DBH) reminded members of the community to “mind” their health during the month of May. The department hosted a month of events in recognition of May Mental Health Month, which was designed to promote wellness, recovery and resilience for County of San Bernardino residents.

Activities included a Behavioral Health Commission Meeting, Community Partner Meet and Greet and DBH Expo which gave members of the community a chance to learn about resources available throughout the County. The Meet the Artist Art Exhibit showcased the artwork of those receiving services at the National



DBH's Karen Cervantes, Mental Health Education Consultant, shares artwork submitted for the Meet the Artist Art Exhibit .

Orange Show Art Gallery and included a chance to meet the artists. Artwork, including paintings and sculptures, were on display and the National Orange Show Art Gallery and at the San Bernardino County Museum.

DBH partnered with Riverside County Department of Mental Health for the Directing Change Screening and Award Ceremony at Fox Performing Arts Center in Riverside. The event recognized students from both counties who created videos in a statewide contest that addressed suicide prevention, reduced the stigma and discrimination related to mental illness and promoted the health and wellness of students.

The month's final event, Evening with the Stars, featured awards recognizing individuals and organizations that made significant contributions in providing excellent mental health, alcohol and substance abuse services throughout the County of San Bernardino. The event's keynote speaker, Mia St. John, a three-time world boxing Champion, spoke of her own battles with mental illness and addiction.

“May Mental Health Month in San Bernardino represents wellness, recovery and resilience,” said Director of Behavioral Health CaSonya Thomas. “As the director of the Department of Behavioral Health for the past two years, it has been an honor to see community members of all walks of life embrace the importance of wellness recovery and resilience.”

